



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS

## HAYS COMMUNITIES YMCA SCHEDULE SPRING 2020

### LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Swim</b> 5:00am – 5:45am All lanes open	<b>Lap Swim</b> 5:00am – 5:45am All lanes open	<b>Lap Swim</b> 5:00am – 5:45am All lanes open	<b>Lap Swim</b> 5:00am – 5:45am All lanes open	<b>Lap Swim</b> 5:00am – 5:45am All lanes open	<b>Swim Team</b> 8:00am – 10:00am 1 – 2 lanes open	<b>Lap Swim</b> 1:00pm – 2:00pm 3:00pm – 5:00pm 2-4 lanes open
<b>Swim Team</b> 5:45am – 8:45am 1 – 2 lanes open	<b>Swim Team</b> 5:45am – 8:45am 1 – 2 lanes open	<b>Swim Team</b> 5:45am – 8:45am 1 – 2 lanes open	<b>Swim Team</b> 5:45am – 8:45am 1 – 2 lanes open	<b>Swim Team</b> 5:45am – 8:45am 1 – 2 lanes open	<b>Aqua Interval</b> 9:00am – 10am 1 lanes open	<b>WATERinMOTION®</b> 2:00 – 3:00pm 2 – 4 lanes open
<b>WATERinMOTION®</b> 8:30am – 9:25am 2 – 4 lanes open	<b>WATERinMOTION® PLATINUM</b> 9:15am – 10:15am 2-4 lanes open	<b>WATERinMOTION®</b> 8:30 – 9:25am 2 – 4 lanes open	<b>WATERinMOTION®</b> 9:15am – 10:15am 2 – 4 lanes open	<b>Aqua Strong</b> 9:30am – 10:30am 2 – 4 lanes open	<b>Swim Lessons</b> 9:30am – 12:25pm 1-2 lanes open	<b>Swim Lessons</b> 4:15pm – 6:25pm 1 lanes open
	<b>Lap Swim</b> 10:30a – 4pm All lanes open	<b>Aqua Fit</b> 9:30am – 10:30am 2 – 4 lanes open	<b>Lap Swim</b> 10:30am – 4pm All lanes open	<b>Lap Swim</b> 10:30am – 4:00pm	<b>Lap Swim</b> 12:00pm – 6:50pm All lanes open	<b>Lap Swim</b> 6:25pm – 7:20pm All lanes open
<b>Lap Swim</b> 10:30am – 4pm All lanes	<b>Swim Lessons</b> 4:00pm – 6:55pm 1-2 lanes open	<b>Lap Swim</b> 10:30am – 4pm All lanes open	<b>Swim Lessons</b> 4:00pm – 6:55pm 1-2 lanes open	<b>Swim Team</b> 4:00pm – 7:30pm 1 lanes open		
<b>Swim Lessons</b> 4:00pm – 7:40pm 1 lanes open	<b>Swim League</b> 4:45pm – 6:45pm 2 lanes open	<b>Swim Lessons</b> 4:00pm – 7:40pm 2 lanes open	<b>Swim League</b> 4:45pm – 6:45pm 2 lanes open	<b>Lap Swim</b> 7:30pm – 9:50pm All lanes open		
<b>Swim Team</b> 4:30pm – 8:00pm 1-2 lanes open	<b>Masters Swim</b> 6:45pm – 7:45pm 2 lanes open	<b>Swim Team</b> 4:30pm – 8:00pm 1 lanes open	<b>Masters Swim</b> 6:45pm – 7:45pm 2 lanes open			
<b>Lap Swim</b> 8:00pm – 9:50pm All lanes	<b>Lap Swim</b> 8:00pm – 9:50pm All lanes open	<b>Aqua Fit</b> 7:00pm – 8:00pm 2 – 4 lanes open	<b>Lap Swim</b> 7:45pm – 9:50pm All lanes open			
		<b>Lap Swim</b> 8:00pm – 9:50pm All lanes open				
Schedule is subject to change. Multiple activities are often scheduled at the same time.						

### Lap Swimming Tips

- Please enter the pool from the shallow end. To avoid accidents when entering an occupied lane, please get the first swimmer's acknowledgement that you are there.
- If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that most nearly match your speed.
- Please get kickboards, pull buoys, etc. before entering the pool.



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### TRAINING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5:00am – 10:40am 11:20am-11:50am 3:00pm-4:00pm 7:00pm-9:50pm	Open Swim 5:00am – 10:50am 2:00pm-4:00pm 7:00pm-9:50pm	Open Swim 5:00am – 10:40am 11:20am-11:50am 3:00pm-4:00pm 7:00pm-9:50pm	Open Swim 5:00am – 10:50am 3:00pm-4:00pm 7:00pm-9:50pm	Open Swim 5:00am – 10:50am 2:00pm-9:50pm	Open Swim 8:00am – 9:30am 12:30pm-6:50pm	Open Swim 1:00pm – 4:15pm 6:25pm-7:20pm
PDO 10:40am-11:20am  Closed		PDO 10:40am-11:20am  Closed				
Project Safe 11:50am-2:00pm	Arthritis Aqua 10:50am – 11:50am CLOSED	Project Safe 11:50am-2pm	Arthritis Aqua 10:50am – 11:50am CLOSED	Arthritis Aqua 10:50am – 11:50am CLOSED	Swim Lessons 9:30am – 12:30pm CLOSED	Swim Lessons 4:15pm – 6:25pm CLOSED
Arthritis Aqua 2:00pm – 3pm CLOSED	Project Safe 11:50am-2:00pm	Arthritis Aqua 2:00pm – 3pm CLOSED	Project Safe 11:50am-2:00pm	Project Safe 11:50am-2:00pm As needed (make-up day)	Open Swim 12:30pm – 6:50pm	Open Swim 6:25pm – 7:20pm
Open Swim 3:00pm – 4pm	Open Swim 2:00pm 4:00pm	Open Swim 3:00pm – 4pm	Arthritis 2:00pm-3:00pm	Open Swim 2:00pm – 9:50pm		
Swim Lessons 4:00pm – 7:00pm CLOSED	Swim Lessons 4:00pm – 7:00pm CLOSED	Swim Lessons 4:00pm – 7:00pm CLOSED	Swim Lessons 4:00pm – 7:00pm CLOSED			
Open Swim 7:00pm – 9:50pm	Open Swim 7:00pm – 9:50pm	Open Swim 7:00pm – 9:50pm	Open Swim 7:00pm – 9:50pm			
			Closed			
<b>OUTDOOR INTERACTIVE POOL</b>						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



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## AQUATICS CLASS DESCRIPTIONS

**Arthritis Aqua Exercise**- Designed for people with arthritis and related disease and led by certified Arthritis Foundation instructors. An excellent starter class if you have never exercised in the water. Participants improve their joint flexibility and reduce their pain and stiffness. Fun and friendly atmosphere where one can make new friends.

**Aqua Yoga** - is a gentle and very low impact aquatic activity that takes the principles and activities of Yoga and adapts them to the water environment.

**WATERinMOTION®** - is the groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. PLATINUM - lower impact, but same great choreography!

**Aqua Strong** - Increase strength and power utilizing the resistance of the water, specialized water dumbbells and other equipment.

**Aqua Fit** - This high-intensity class incorporates high cardio to help with your weight loss goals, muscle toning, strengthening, balance and flexibility. Expect to raise your heart rate and have fun doing it!

**Aqua Interval** - Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout at a beginner level.

**Masters Swim** - Ages 18 and over. Masters Swim workouts are coached 60 to 90-minute sessions that provide a structured workout for adult swimmers. Participants will be able to improve their fitness and stroke technique in a positive group environment. Prerequisites: Must be able to swim front crawl or freestyle for 50 yards.

\*\*\*Fee based class

**Swim League** - Designed for children who enjoy swimming and are interested in learning the basics of competitive swimming. Practices will focus on stroke technique and refinement, and learning competitive starts and turns. Swimmers will have the opportunity to participate in monthly association-wide swim meets. Prerequisites: Children must be able to swim at least 25 yards freestyle with rotary breathing (breathing to the side), 25 yards backstroke and have some knowledge of breaststroke and butterfly.

\*\*\*Fee based class

**Project SAFE** - The YMCA of Austin - in collaboration with Colin's Hope - provides local pre-k and first graders with education on safety, aquatics, and fitness. This program helps to prevent drownings and near-drownings as well as encourages physical activity and prevents childhood obesity. This free program served more than 11,000 children since the program's inception.



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# AQUATICS

## RULES AND POLICIES

### YMCA of Austin Pool Rules

- The Lifeguard is in charge of the pool at all times. The Lifeguard is empowered to enforce all YMCA of Austin policies, including but not limited to membership and behavior policies. The Lifeguard's word is final.
- No running, diving, dunking, pushing, horseplay, prolonged breath-holding, or inappropriate behavior of any kind.
- No food, drink, or gum in the pool area.
- All swimmers must shower before entering the pool.
- Only United States Coast Guard approved flotation devices allowed in the pool.
- Only appropriate swimwear is allowed in the pool.
- All children wishing to use a slide must pass the swim test and follow slide manufacture's specifications.
- All children under the age of 12 must pass the YMCA of Austin Swim Test. Swimmers who have passed the swim test and are 12 years of age or older may use the pool without direct adult supervision.

### YMCA of Austin Swim Test Policy

- All children under the age of 12 must be swim tested prior to entering a pool without an adult.
- If a child has not passed the swim test they must have an adult in the water and remain within arms distance at all times.
- If a child wishes to swim in water depths over 5' they must have passed the swim test or be within arms distance of an adult and wearing a U.S. Coast Guard approved PFD.
- Criteria for passing swim test: Jump into water (feet first), recover, swim ½ distance of the pool, change direction (turn around), return to starting point and exit water on their own. Lifeguards are looking for forward and constant motion, horizontal body position, no underwater swimming and no touching the bottom or sides of pool during test.
- If a child fails the swim test, they must wait 24 hours before re-testing.
- Children that pass the test will be logged at the branch where the test was taken for future references.
- Swim tests will be good for a year and retested annually.
- After passing the swim test, it is the responsibility of the member to retrieve their wristband each visit.
- Children without wristbands will not be allowed in the water without a parent/guardian of at least 18 years of age.
- The YMCA reserves the right to swim test anyone. We also reserve the right to re-test.

### Additional Information

- Lap pool is 83 degrees
- Instructional pool 90 degrees
- Whirlpool is 104 degrees
- Dry Heat Sauna is located on the pool deck.

**For additional information, please contact Mark McCombs, Aquatics Director at  
Mark.McCombs@austinyymca.org or call 512-523-0099 ext. 813**